

Ultimate Cooking Guide

First and foremost you need to understand what it is you are trying to do when cooking; that is - make food of equal substance by meat, sugars and nutrients, more precisely known as - proteins, carbs and vegetables. Fruit is more of an on-the-go snack as it contains both carbs and nutrients, or sugars and minerals.

The difference between vitamins and minerals is that vitamins are considered organic compounds, i.e. Carbon based chain or C-C-C-R molecules, and minerals are typically elements you find in the soil. For example, when children eat ashes or soil this is a high class indicator of mineral deficiency or "gerber" syndrome, in that the mother did not realize how much nutrients were in the Gerber baby products; as the child is considered to old for the best products in America, by portion size. Most everyone, enjoys Gerber products.

So what is the beauty behind good cooking then, but to follow the ingredients suggested on the back of their label? That is, make your food balanced, and more importantly - mix them, well.

When you decide, you are going to be hungry you should know from the day before. What you should realize also is that many bad habits are in your life and you must rid yourself of these not slowly, but quickly. Studies show that in psychological trials slow changes work better, but that is because successful people don't need guidance to do what is right. That is, out with the bad, and in with the good. Remove from your mind all the negativity, generated by by your social life that make you feel down or sad and realize that cooking is an art, all can enjoy. You do not need to eat three meals a day, however, the transitions of the sky suggest that this is a good time as the day is also recharging in a sense for the next period of light. Meaning, it was the intermission between when people would switch chores, or find new tasks to complete as the climates changed. Hence, meal time is in-between-work-time.

When you find yourself healthy, you will see yourself wanting more good food, not more food per intake of meal. Meaning, you should not eat 5-6 meals a day if you do not require it, suggesting, you need to eat based on your activity, and keep your calorie intake out of your perspective, as it is irrelevant.

Meaning, that the more food you eat is going to eventually lead to obesity in some form of the other, by that they are not equal forms of obesity. Obesity is a very interesting topic, that few have really studied, but claim to know, as they feel they are at the pinnacle of their fitness, realizing how they got their at times, by trial and error, not by experiment.

Obesity will be discussed, however, it is recommended you continue with this guide, and not continue through to find this one specific article.

Continuing, food is not healthy unless you realize where you are buying it. If the food comes in a bag, box or Styrofoam container, it is most likely not very appetizing for the nutritional system of the body. Meaning, that your body does in fact have a high preference for certain foods, and your craving for foods is not so much in quantity it is for specific vitamins and minerals you lack, but find in typically only one source. Meaning, your craving is for specific foods or nutritional endeavors not for mass consumption. The consumption of the proper foods, limits intake needs and the process of digestion can be sped up, where obesity always occurs in all animals and people. The studies performed on obesity in animals is well documents and known throughout the livestock world, but for some reason non-applied to humans, as if we are different in design, however, of course, much higher on the food pyramid, as we eat and are not consumed.

Selecting foods is of utmost important in a diet and it must not be neglected on what contributes to a higher source of food intake, not by quantity, but source of nutrition. You must realize that consumption does not guarantee a high source of nutritional value, hence the push for tremendous consumption of supplements, manufactured much like your microwave burritos.

On Selecting Foods:

Selecting foods is an art of choice and preference by the colors and shapes you desire to make a dish. Meaning, the nutritional value is assorted by color and texture of the food, along with the shape. Colors of high nutritional value by vitamin and mineral, are vibrant in color, along with their appearance or sheen in the light. Foods of high protein value are dull and somewhat dissatisfying unless marinated with some form of sugar that allows for easier digestion in the stomach, i.e. digestion track. When preparing food, you must ensure yourself that all the sugars desired your body requires are guaranteed to be in the those foods, and no plentiful amount of artificial seasoning or sugar additives are necessary, as these due in fact increase your reception to flavor, but only one specific flavor. In animal trials, if I may say so, animals consume plants and other animals coated with sugar, rather than consuming poisonous elements of the natural world, by this chemical, and not so much because it is great tasting or long living to the body's natural ability to survive.

If you chose a meal that is organized, by shape color and texture you can guarantee yourself a nutritional diet that is very prone to a high energy lifestyle and less requiring of energetic stimulants via mental stimulation, caffeine. Meaning, that giving your body the proper fuels and catalysts to do work, is more effective, highly, than inducing your body into this so called fight or flight mechanism, when you consume multiple caffeinated beverages or coffee, tea etc. Meaning, in scientific terms, by consuming the right catalysts by nutrition of vitamins and minerals it requires much less work, to do the same tasks, i.e. the key to Olympic athletes is to keep a fine tuned machine i.e. the body, by high nutritional intake, all natural.

If you pick a meal to be designated in three courses, each containing three entrées, by shape color and texture, you will guarantee yourself, 3 new ways of experiencing food and flavor, like never before, and enhance your ability to function without mass consumption or pit stops to gas-stations for microwave burrito's nor nutritional stores, such as GNC.

Discussion of Fat, by body, and osmosis:

Recall if you will, your baby pictures and your body type after you were born. It has been heavily recorded the body mass of babies has increased significantly since the 90's and some 80's infants (myself) because of the poor nutrition the woman intakes during her prenatal

cycle and her ability to take care of herself. If the woman is deprived in vitamins and minerals, so will the child. So how does the body combat this ailment? It stores vitamins and minerals in fat or lipid cells, guaranteeing the child will be taken care of, even though the mother chooses not to provide for the child, by whatever circumstance she complains about, enabling her to choose, not, a banana over carrot cake. So, with this in perspective, let's move forward.

The collection of fat is a principle of equilibrium through osmosis. If you have poor nutrition your body retains "vitamins and minerals" by storing fat. The larger area, these vitamins and minerals are stored in, the less likely, chance they are of being discharged from the body by accidental waste processing of the kidneys and liver. Meaning, the body is tucking them away, until it is time to consume them, by suspending them in a lipid substance that does not interact with the organic, water based, body that is your movable system, to navigate the world.

If these vitamins are more spread out, you can also imagine their use is less functional and the body demands you consume more food, in hopes you consume the right foods. Therefore, your food craving is not necessarily your desire to eat; it is your desire to eat proper foods yet again.

If fat is stored via mechanism to suspend vitamins and minerals, they are not used primarily to enhance bodily function, as these "diamonds in the rough" vitamins help create permeable membranes in the body, enhancing flow by gradient, allowing the body to process information and waste faster, enabling you to move faster and feel great.

If you are seeing that the body truly does work on a series of chemical processes, much like, and nearly identical to the ones we use in stores, processing plants, etc. It is wise to consume fuels that power these machines in the same effect that the body is powered, to enhance efficiency and make you feel, much more likely, to exercise.

Continuing on, you may also wonder why some people who exercise intensely cannot seem to lose the last bit of weight they require for whatever superficial means. If you perform intense exercise you are constantly requiring more vitamins and minerals, and if you are not making the correct choices, your body will attempt to store this storage of vitamins, specifically where the most abusive exercise occurs, most frequently. Meaning, intense abs workout contribute to more fat on the abdomen than what meets the eye. You are adding pounds by fat storage to maintain this extra support of mineral needs, and also stacking on muscle required to store extra chemical energy to perform these high energy crunches, science, lack of, has developed to make your physique even more astounding, by neglecting to tell you, you lack the core foundation to begin an exercise or diet routine, i.e. Americans skip to the finish, without performing the race.

Food preparation is an art - much like arts and crafts or paintings. You need to realize it takes practice and patience to learn new techniques and styles to increase what it is you taste, AND include in the food - a balanced portion size of each group' meats, vegetables and sugars. Here is the kicker though, all good food - tastes the same, i.e. it is balanced.

Here is an example of a meal I made that is one of my favorites:

- 1) Ground Beef (Not Lean - more fat the better)
- 2) Chopped Broccoli, Cauliflower, Mushrooms, Canned Corn (Del Monte), and half chopped Pepper.
- 3) Maple Syrup

Here is how you should cook it, with a different example:

Today, I developed a new recipe for cooking and marinating steaks. It is a steak mixture by base of olive oil, avocado oil, and sesame seed oil. The base oil is olive and is used primarily to dilute the stronger oils containing the flavors, that will evaporate, if you do not keep them suspended in fats. Steaks were literally, thrown in a pot, with light oil suspension, light to moderate olive oil and allowed to absorb into the meat at low temp where scaring nor denaturing of proteins occur. Then, after the oil base marinade was absorbed... the steak will not burn. Use portion control when throwing a steak on any surface. A safe volume to surface area rationality is needed, pending on how long you intend to sit and wait for your food to cook. Remember, we are cooking proteins here, not water, so the microwave is not the safest nor best alternative to a stove top. Grills are nice, stoves are better.

Next, after steak is submersed in light oil, by suspension of heat, light herbs are mixed in with the oils. By herbs I mean spices, the actual vegetable retention will take place after the herbs are solidified into the meat, via osmosis of the heat gradient, and taste bud satisfaction. In the oil suspension, the steak will not become tough or hard, and you can always count on a soft tender steak, every time.

Moving on, keep temp about a 4 of 10, no higher. The higher the temp does not cook faster nor guarantee good food, cook like momma, and you'll be healthy like when you lived with momma.

Next, when the oil begins to separate from the protein i.e. meat combination you shall see a soup start to form in the bottom of the pan. That means, literally, your steak is done. It implies that the steak is at a steady state temperature, or constant temperature, meaning it looks the same on the outside, as it does on the inside, so the oils... do not care to remain in the center of the steak... they no longer are obeying a heat gradient.

So with this new suspension of fats and oils, this is what you are going to cook your veggies or choice of veggies, once they are softened to your taste preference, your good to go. The rate of softening your vegetables has nothing to do with heat, primarily it has to do with a organic compound, absorbing an organic oil i.e. natural oils and they will tenderize in a moments time.

A note on oils: Natural oils are expensive, but you need to know how to use them, lightly and slightly. Olive oil is super cheap for a reason, it is virtually tasteless, and is used to dilute your fine or precious cooking oils. Meaning, use a teaspoon of real oils, and maybe a table spoon of olive. This will last you quiet some time. After Cooking - pour the desired amount of sugar for taste and health preference.

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Here is a generalized technique for what I do.

- 1) Ground Beef, or Lean Beef/Chicken Etc with extra cooking/vegetable oil if needed.

Meaning, Cooking oil (vegetable) is used to absorb into vegetables so your body can digest them. Cook until Golden, before - fat starts to burn, i.e. evaporation is only for water - typically and what you see in the pan is water evaporating when cooking your meats.

- 2) Now, while your meat is simmering - chop your choice of vegetables vegetables, by shape, size and color. Meaning, when your done cooking - a truly well thought out meal, will taste the same - every time. So, you need to plan your intake of nutrients and minerals - unbiasedly, or without being picky.

Now, when the fat has begun to separate from the meats or you have added the proper amount of cooking oil - it is time to add your choice of vegetables by selection of shape, size and color. In that, your choice of vegetables must be different with every meal if you want to be healthy - as when you ate Gerber Food.

- 3) This is when adding your choice of sugar becomes creative, and fun. That is, no type of sugar is the same, as - any scientist might disagree, we can all taste the difference and their is no room to argue, on taste; being highly personal.

My choices include Maple Syrup, Honey, Grape Jelly and bagged sugar with maybe light fruit. The point is to make a natural sugar selection that also contains nutrients and are sure to weigh 230 lbs, 5'5" and strong as a tank, like the person who wrote this guide. The difference, is in all other health and exercise guides, the person talking or the model on T.V. has no name, it's never given. Meaning, I stand by this guide, and I'm not selling you bullshit. It's free.

The End of the Ultimate Cooking Guide, by Ian M. Rankine